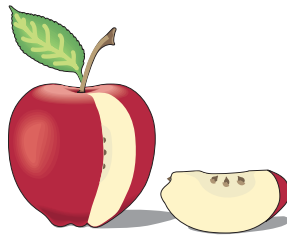


5 A Day For Better Health

Eat five servings of fruits and vegetables every day!









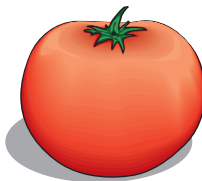
Fruits and vegetables are important for keeping you healthy. Only 30 percent of South Carolinians eat the recommended five servings of fruits and vegetables daily. Eating more fruits and vegetables could be one of the most important lifestyle changes you'll ever make. Most contain little or no fat, many are high in fiber, and all taste great!



What's a Serving?

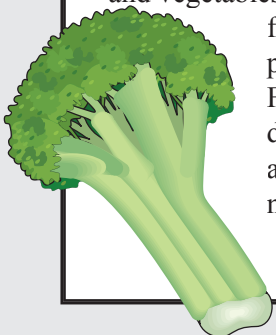
A **5 A Day** serving is probably not as much as you would think. One serving is:

-  1 medium fruit or 1/2 cup of cut-up fruit
-  1/2 cup raw or cooked vegetable
-  3/4 cup (6 oz.) 100% fruit or vegetable juice
-  1/4 cup dried fruit (raisins, prunes)
-  1 cup raw leafy vegetables (spinach, lettuce)
-  1/2 cup cooked dried beans or peas (pinto, black-eyed peas)







Try All Types.

Busy folks today often need fruits and vegetables that are easy to fix. Use frozen, canned, dried or pre-cut fruits and vegetables. Fresh, frozen, canned and dried fruits and vegetables all have basically the same nutritional value.



Eat a Variety.

In order to get all the vitamins, minerals and other nutrients you need for good health, the **5 A Day** plan suggests:

-  Choose daily at least one fruit or vegetable high in Vitamin A. Try tomatoes, sweet potatoes, winter squash or apricots.
-  Eat at least one selection each day high in Vitamin C. These include cantaloupe, potatoes, cabbage, kiwi and citrus fruits.
-  Include at least one high fiber choice daily, such as oranges, broccoli or beans.
-  Eat cabbage family vegetables several times a week, such as greens, broccoli, kale, brussel sprouts, cauliflower or bok choy.

Start Today!

Eating plenty of fruits and vegetables daily has been proven to help reduce the risk of cancer. As part of a low-fat, high fiber diet, getting your **5 A Day** can also help lower your risk of heart disease. So make today your day to start eating **5 A Day**. It's a simple, thrifty and delicious way to become a healthier you!



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